

# GEMROCKS 

## FIND YOUR WRIST SIZE

## PRINTING INSTRUCTIONS

To get the best results you will need to check your printer settings and ensure the "page scaling" option is set to "none". This page must be printed on a full letter size page ( $8 \frac{1}{2} \times 11$ inches) size page.

To verify that page is calibrated correctly, measure the sample below. It should measure 1 inch.


## HOW TO USE THE WRIST SIZER

Cut out the wrist sizer on the left of the page. Wrap around your wrist making sure that the numbers are on te outside. The number that lines up with the "start here" line is your wrist size.

Once you have found your wrist size we recommend adding a $1 / 4$ to a $1 / 2$ inch depending on your fit preferences.

Please note that this size guide is for approximate sizing only and is not meant to be exact.

If you have any questions or concerns please call us on 4010-2556 or email contact VIP@GEM-ROCKS.COM

